

ARENA FLAG FOOTBALL RULES

1. Equipment/Field Set-Up: TRI SPORTS will supply the footballs, cones, and belts for league play.
2. Game Time/Default: Games are comprised of two (2) 20-minute halves. A running clock is used for the entire first half and for the first 18 minutes of the 2nd half. Stop clock is used in the final 2 minutes. If a team is up by 2 or more points at any point during the final 2 minutes of the 2nd half, a running clock will be used.
3. Teams are comprised of six (6) players with a minimum of two (2) women on the field. A forfeit will occur if any team cannot field a squad 10 minutes after the official start time. A team can play with a minimum of 5 people, as long as one (1) of the players is female (**except in Men's Arena Football**). Captains may agree to waive the rules regarding minimum people but this should be decided before the game starts. IF IT IS AGREED THAT THE GAME COUNTS, IT COUNTS!
4. Teams may call a one (1) minute time-out per half. Clock only stops during final 2 minutes.
5. In the final 2 minutes of the 2nd half, the clock stops for timeouts, dead balls, incomplete passes, and out of bounds. Inside 2 minutes remaining in the half, the clock will also stop on 1st downs until the ball is spotted ready for play.
6. **SPORTSMANSHIP**- Sportsmanship is the #1 priority in this league. It is fully expected that the flag puller will politely hand the ball carrier's flags back to him/her and congratulate him/her on a good play.
7. General Rules:
 - **College rules are in effect**, unless otherwise noted. This means receiver needs possession and one foot in bounds (before contacting walls), & the ball carrier's knee touching the ground or any body part touching the wall or net stops the play at that point.
 - The soccer goal line acts as the back endzone line. "in" & "out"-of-bounds is determined exactly as if it were the back endzone line of an outdoor football field. College rules apply. 1 foot in bounds and no contact with the line is a touchdown. Contact with line or 1 foot out of bounds results in incomplete pass.
 - As a general rule, nets, walls, and ceilings are considered a "part of the ground", with respect to running and passing. Runner is down when making any contact with the walls. Ball cannot be caught off/trapped against the nets or walls.
 - Any contact with the wall, by the ball carrier, results in end of play. A player may contact the wall, prior to the catch, release from wall to make the catch, and advance the ball.
 - Receiver can be in contact with wall at time of catch, but cannot advance the ball. They are immediately "down".
 - A coin toss (or odd/even guess) will decide which team will start with the ball.
 - Shorts/pants with pockets are not allowed. Cleats are not allowed.
 - Possessions begin at the top of the crease.
 - Spinning - An offensive player CAN turn their bodies from side to side, but CANNOT spin 360 degrees. This prevents defensive players from injuring their fingers. If a player spins, the ball is dead at the point where the spin occurred.
 - Offensive players may not block, hold, pick, or otherwise obstruct any defensive players.
 - Offensive players cannot protect/cover/hide/block his/her flag. If the person with the ball blocks or attempts to block the defenders hand, the play is dead where the block (flag guard) occurred.
 - The flag must be on top of all clothing. If a flag inadvertently falls off the ball carrier, the play continues until the ball carrier is "1-hand touched".
 - Offensive player can dive/jump to catch a ball but once in possession he/she cannot leave their feet. This includes all forms of jumping/diving; play is dead at the point where the player stood before the

infraction. Jump cuts are allowed. The official has the final say on whether a move was a jump cut or a jump/dive.

- The offensive team has 1 set (4 downs) to cross the mid-field marker & 1 more set to score.
- Girl plays required once every set (4 downs); resets with a 1st down (new set). **Def:**-legitimate attempt to advance ball, by a girl; includes a run from scrimmage/forward pass to/forward pass by a girl (pass does not need to be caught). **(Does not apply to Men's Arena Football)**
- Offensive team may verbally punt on 4th down. Ball will be placed on the opposite 10y line.
- The defense must loudly count five (5) "Mississippi" before rushing the quarterback. While counting, the defense must line up at or behind the line of scrimmage. The duration should equate to 5 full seconds.
- "Stripping" of/swiping at the ball, from a ball carrier WITH POSSESSION, is not allowed.
- No climbing or scaling the walls to make a play on the ball (a la baseball outfielder style).
- The quarterback may only run the football at the end of the 5 "Mississippi" **WHEN, AND IF** the defense crosses the line of scrimmage. No running if the defense doesn't cross the line of scrimmage.
- Teams receive one (1) point for each touchdown. There are no conversions.
- **From the time the ball is placed on the line of scrimmage, the offense has 25 seconds to start the next play.** Running down the clock with an unnecessarily long huddle is unsportsmanlike conduct and will result in a delay of game penalty.
- **Safe Play:** A defender may not step in front of the ball carrier or block a running lane if it has the potential to create an unsafe play. Defenders should take angles of pursuit on the flag belts, not the ball carrier. Also, offensive players should not run with their head down, in an attempt to run through the defenders. Incidental contact is inevitable, but players should never be run over. Violators may be suspended from play.
- If a defending team sacks the quarterback (or any offensive player) in the offense's end zone (safety), the ball is turned over to the defending team, 3 yards behind the mid-field (50-yard) line; no points awarded.
- Ball/forward progress is determined by BELT BUCKLE at time of flag pull; NOT the BALL.
- A game can end in a tie during the regular season. In the playoffs, Tiebreaker will be decided by the first team to score and not have their score answered by the opponent in equal possessions. For example: Team A scores on 1st possession and Team B doesn't score on 1st possession, then Team A gets the tiebreaker. Or, Team A doesn't score on 1st or 2nd possession, and Team B doesn't score on 1st possession, but does score on 2nd possession, Team B gets tiebreaker (Team A does not get a 3rd possession to answer Team B's 2nd possession score). An interception thrown is the same as a non-scoring drive. An interception returned for a TD is the same as a scoring possession.
- Player substitution during the drive is allowed, but bench player must get official's attention before trying to enter the playing field to avoid having too many players on the field, and players, must run on and off the field. Players may sub freely at change of possessions.
- Endzones are 4 yards deep

8. Dead Play: If a player carrying the ball slips/falls and one knee touches the ground, the play is dead and the defense does not have to remove a flag for the play to stop. Same if player contacts the wall. If the football touches the ground for any reason (fumbles, handoffs, etc) the ball is dead & spotted at that point. In the case of incomplete laterals, the defensive team has the option to accept where the ball touches the ground, or forward progress.

9. Rough Play: There is no body contact of any kind allowed at any time. This includes “shoulder dropping”, straight-arms/blocking/shoving out of bounds. ROUGH/PHYSICAL PLAY WILL RESULT IN IMMEDIATE SUSPENSION FROM FURTHER PLAY & MAY RESULT IN LIFETIME LEAGUE EXPULSION

10. Penalties/Discrepancies: All games refereed by TRI SPORTS official. All decisions made by official are final and not up for debate. Only captains may discuss a rules question/issue with the official. Discussion about possible rules violations between opponents is considered unsportsmanlike. Please play safely and with good spirit.

- If a defensive penalty is assessed with less than 2 mins. to go, the clock will stop until the offense snaps the ball.
- Blocking (offensive)- Play will be called dead, a 5 yard penalty assessed from the spot, & loss of down.
- Blocking (defensive) or Offsides (defensive)- Offense can elect to take result of current play, or a 5 yard penalty and replay of down.
- Offsides (offensive)- Play will be dead immediately, offense will be assessed a 5 yard penalty, and replay the down. If there are less than 2 minutes left in the game, a 10 second run-off will occur before the offense will be allowed to snap the ball, unless they take a time-out to stop the clock.
- Unnecessary Roughness- 10 yard penalty & automatic 1st down (offensive) or loss of down (defensive).
- Pass Interference- (defensive) Ball to be placed at the spot with automatic 1st down. If penalty occurs in the end zone, ball to be placed on 1y with automatic 1st down. (offensive)- 10y penalty & loss of down.
- Flag Guarding- play is dead at the spot where the flag guard occurred.
- Delay of Game- Failure of Offense to snap ball prior to expiration of 30 second clock will result in a 5 yard penalty and replay of down. If less than 2 minutes left in the half and the clock is running, the clock will stop will not start until ball is snapped. Consecutive Delay of Game Penalties will result in a turnover.
- Roughing the Passer- Swatting or hitting the quarterback’s arm in an attempt to deflect a pass. 10 yard Penalty and automatic 1st down.
- Penalty Yardage- yardage assessed will be specified distance or half the distance to the goal; whichever is less.

11. Player Eligibility: SUBSTITUTES are allowed, but must be legally registered and may not be on the roster of any other league team.

12. League standing tiebreakers: will be by head-2-head & opponents’ records. There is never any incentive to beat an opponent by the maximum scores possible.